Main dishes / Belgium

white beans and Brussels sprouts stew · Belgium

A substantial Belgium-inspired stew built around Brussels sprouts and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 600 g drained cooked white beans
- ☐ 600 g Brussels sprouts
- ☐ 400 ml low-salt vegetable stock
- ☐ 20 g wholegrain mustard
- ☐ 2 g dried thyme
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Clean the Brussels sprouts and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the Brussels sprouts and cook for a few minutes.

03 Add the stock, cover and simmer for 15 minutes.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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